



**Bayside Aquatics
Team Handbook
2021-2022**

Table of Contents

Welcome	3
What is Bayside Aquatics?	4
Mission Statement.....	4
Vision	4
Our Values	4
Team Information	5
Coaches.....	5
Facility.....	5
USA Swimming.....	5
Practice Groups	5
Athlete Protection	8
Team Fees.....	9
Refunds.....	10
Communication	10
Photography	10
Attendance	10
Practice Cancellation	10
Swim Meets	11
Team Apparel.....	11
Parent Volunteer Opportunities.....	11

Welcome

It is my pleasure to welcome you to the second season for Bayside Aquatics. I look forward to working with each swimmer to help them progress toward their goals. Bayside Aquatics is a new year-round swim team in Bowie, Maryland. We practice at the newly renovated Bowie State University pool as well as SportFit Bowie and are the only USA Swimming team in the Bowie/Crofton area. In its first year as a team, Bayside Aquatics had 75 swimmers from ages 6-19. We had 3 swimmers qualify for the Maryland State Championship and 14 Junior Championship qualifiers.

Bayside Aquatics focuses on technique driven swim training and team unity. Participation in year-round swimming builds a foundation for a lifetime of healthy habits. We strive to instill traits in our swimmers that are vital to success in life. Our primary goal is to develop dedicated, confident young athletes who take risks, work hard, and strive to be the best they can be. We encourage all swimmers to push themselves to achieve their best, but also to encourage and support every member of the team. Most importantly, Bayside Aquatics focuses on teamwork, friendships, and fun.

I am extremely excited about our second season. Let's work hard, have fun, and make amazing memories.

Coach Karen

What is Bayside Aquatics?

Mission Statement

Bayside Aquatics strives to make a positive impact on the lives of its team members and to empower them to achieve excellence in the sport of swimming as well as in life. Our mission is to create a safe and positive team environment, to provide the best possible instruction at all levels within the team, to instill our core values in each athlete, and for our swimmers to grow as athletes and individuals who are able to contribute to their team, family, and community. Our goal is to provide coaches who are role models and for our athletes to learn that success is achieved through hard work and goal setting.

Vision

Bayside Aquatics strives to produce athletes with the ability to excel at all levels of competition within the sport of swimming- from novice to national. Our goal is to be recognized as a valued member of the Crofton/Bowie community.

Our Values

These are the values Bayside Aquatics strives to instill in each athlete:

Perseverance – Dedication – Sportsmanship – Respect
Confidence – Excellence – Responsibility – Integrity

Team Information

Coaches

All Bayside Aquatics coaches must meet high criteria set forth by USA Swimming. Each coach is a certified lifeguard and holds a current First Aid and CPR for the Professional Rescuer certification. Coaches are required to complete the USA Swimming Safety Training for Coaches Course. Bayside Aquatics coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and Bayside Aquatics. Bayside Aquatics coaches are committed to the success of all of our swimmers and are expected to mentor swimmers in life skills and positive values and to build relationships with team families.

Facility

Our practices take place at the Bowie State University pool in the Leonidas S. James Physical Education Complex. 14000 Jericho Park Rd, Bowie, MD 20715 We also practice at SportFit Bowie. 100 White Marsh Park Dr, Bowie, MD 20715

USA Swimming

USA Swimming is the national governing body for the exciting world of competitive swimming. By joining Bayside Aquatics, your child will become a member of the country's largest, most organized, and competently coached youth sports. In addition to your membership with USA Swimming, you are also joining the Maryland Swimming LSC. Please visit the following websites for more information on the two organizations.

- <https://www.usaswimming.org/>
- <http://mdswim.org/>

USA Swimming launched a swimmer-focused program called **Deck Pass**. Deck Pass provides you an opportunity to track and share your accomplishments as a swimmer. You can participate on-line or through an app on your smart phone.

Practice Groups

Red Group

1 hour practices, 3x per week

Swimmers in the Red Group will be introduced to competitive swimming. The goal of the Red group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 25 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

Age Requirement: 10 & Under

Attendance Requirement: None

Required Equipment: Fins, Kickboard, Pull Buoy, Water Bottle

Meet Participation: Every 4-6 weeks

Blue Group:

1 hour practices, 4x per week

The goal of the Blue group program is to increase skill and technical development while creating a positive team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in the Blue group will focus on improving stroke technique, body position, and kick in all four strokes as well as starts, turns, and finishes. Swimmers will begin to understand the importance of correct head and body position, a strong, consistent kick, and streamlining. Solid practice habits will be taught and reinforced, including using the pace clock during practice and lane etiquette. They will also be introduced to basic training sets. Swimmers will learn the basics of sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally swim all four strokes and should be comfortable doing 50 yard repeats during practice.

Age Requirement: 10 & Under

Attendance Requirement: None

Required Equipment: Fins, Kickboard, Pull Buoy, Water Bottle

Meet Participation: Every 4-6 weeks

Purple Group:

1-1.5 hour practices, 4x per week

The goal of the Purple group program is continual improvement and practices emphasize skill development with a secondary focus on aerobic development. Swimmers in the Purple group will learn the importance of team culture and will develop a love of competition and being challenged. The purple group will start to focus on performance and making the connection of hard work and doing well. Swimmers in the Purple group will be working toward improving their stroke technique, racing skills, and increasing endurance levels. Purple group swimmers will begin swimming more complicated sets. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be working towards competing in 100's of all of the strokes as well as the 200 Free.

Age Requirement: 10-12

Attendance Requirement: None

Required Equipment: Fins, Kickboard, Pull Buoy, Water Bottle

Meet Participation: Every 4-6 weeks

Orange Group:

1.5 hour practices, 5x per week

The goal of the Orange group program is to teach the skills and work ethic necessary to achieve competitive success while creating a strong team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in the Orange group have a higher level of commitment and are comfortable with being challenged. They will continue to work toward improving their stroke technique and racing skills and increasing endurance levels, but will do so at a more advanced level. Orange group swimmers will begin swimming more complicated sets and are expected to be able to use a pace clock and keep track of intervals while practicing. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be prepared to take ownership of their swimming.

Age Requirement: 12 & Under

Attendance Requirement: 75% of practices

Required Equipment: Fins, Kickboard, Pull Buoy, Snorkel, Water Bottle

Meet Participation: Every 4-6 weeks

Green Group:

1.5 hour practices, 5x per week

The goal of the Green group is to develop the skills and work ethic necessary to achieve individual success in the sport of swimming. Swimmers in the Green group will increase their aerobic development with longer distances. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Continual goal setting both in practice and meets is emphasized. Swimmers in this group need to be prepared to challenge themselves during practice. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Green group are encouraged to continue to participate in other sports and activities.

Age Requirement: 12 & Over

Attendance Requirement: None

Required Equipment: Fins, Kickboard, Pull Buoy, Snorkel, Water Bottle

Meet Participation: Every 4-6 weeks

Yellow Group:

2 hour practices, 6x per week

The Yellow group are Bayside's most committed swimmers. The goal for the Yellow group is to achieve competitive success at the highest level. Swimmers in this group are expected to behave like champions and set a good example for the younger swimmers. Continual goal setting is emphasized and swimmers are encouraged to set high expectations for themselves. Swimmers should expect to be challenged and are expected to be at all practices.

Age Requirement: 12 & older

Attendance Requirement: Average 80% per month

Required Equipment: Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Meet Participation: Every 4-6 weeks

Progression Policy

Bayside Aquatics' mission and values drive group placement decisions. Swimmers are placed into the training group that is developmentally appropriate. The coaching staff makes all group placement decisions. While there are specific metrics involved in progressing, issues such as maturity, commitment levels, mental readiness for the increase workload, timing within the season, and space also influence the decision. Racing times are not a primary factor for group placement, although they may be an indirect factor. Swimmers are placed in groups that best serve their developmental needs. If parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

Athlete Protection

The USA Swimming Safe Sport Program offers free athlete protection training for parents and athletes. This training is not required by USA Swimming unless you are an adult athlete, a coach, or a member of the team's leadership. However, **as added protection to Bayside Aquatics athletes, we will require all parents/guardians to complete the training and all swimmers ages 12 and over will be required to watch a safe sport video.** We understand that time is finite in our busy lives, however any opportunity to protect athletes from sexual predators, bullying, knowing appropriate boundary's between members of the team, and the risks of concussions is worth every minute. Please follow the links below to login/register and then access the course.

- Parents: learn.usaswimming.org Course: Safe Sport for Swim Parents
- Swimmers: www.usaswimming.org/learn Course: Safe Sport for Athletes

Each family is also required to read the following documents and return the Bayside Aquatics Safe Sport Signature Sheet

- Bayside Aquatics Team Handbook
- Code of Conduct for Parents
- Code of Conduct for Swimmers
- Action Plan to Address Bullying
- Team Travel Policy
- Member Acknowledgment of Minor Athlete Abuse Prevention Policy
- Electronic Communications Policy
- Locker Room Monitoring Policy
- Photography Policy

Attendance

Consistency is the key to success. The coaches highly encourage swimmers make it to all of their assigned practices. The coaches will take attendance at each practice and use attendance as a measure of performance. The team does encourage multisport athletes, so if you need to miss a practice to attend another sport, the coaching staff supports you.

Practice Cancellation

We follow the Bowie State University's campus closure policy. If the university cancels classes or closes the campus, we will not have practice. Information regarding any cancellation will be sent via email, text and social media as early as possible. At times, there are weather related issues such as lightening, or unforeseen pool/facility issues that may require practice to be cancelled on short notice. Every effort will be made to contact parents for early pickup. Please remain available by cell phone while your swimmer is at practice.

Team Fees

Bayside Aquatics charges a \$200 registration fee. This fee includes USA Swimming membership, 9 months of training, a Bayside swim cap, and a Bayside t-shirt. Bayside Aquatics fiscal year runs from September 1st to August 31st. Team fees are paid via credit card on the team's website. For the 2021-2022 season, we will have 3 payment options. You can opt to pay the annual amount at one time (total charged Sept 1), 3 equal payments (charged Sept 1, Nov 1, Jan 1), or monthly. The monthly option is available at an increased rate.

Bayside Yearly Fee Option:	Bayside Monthly Fee Option:
Red \$1,056	Red \$130/month
Blue..... \$1,320	Blue..... \$161/month
Purple..... \$1,485	Purple..... \$182/month
Orange..... \$1,950	Orange..... \$225/ month
Green..... \$1,950	Green..... \$225/month
Yellow..... \$2,300	Yellow..... \$280/month

Meet fees will be paid through the team website. Once a family declares their intent to participate at a meet, the family will be charged for all events they registered for, regardless of whether their swimmer swims the event. The team is charged for each entry submitted. Once we get confirmation of which entries were accepted at a meet, anticipate a charge to your credit card on file prior to the meet. If a meet is cancelled for weather purposes, if the team that is hosting the meet does not give a refund, the team will still need to pass the costs to the families.

Refunds

Once approved, all registrations are final and no refunds will be given. Written notification of resignation stating the swimmer's last date of participation must be provided to the Bayside Aquatics staff. An early termination fee of one month's swim team fees is charged if such resignation occurs after October 31st. Partial months are not prorated.

Communication

As a new team, Bayside Aquatics encourages open communication. Be sure the team has your current email address.

1. Our monthly newsletters, swim meet sign-ups, volunteer job postings, and updates will all be distributed from our Team Unify website www.swimbayside.com.
2. If you have any questions, email us anytime! If you are unsure of who to email, contact Karen Bisnett Karen@swimbayside.com
3. Coaches can be available before or after a swim practice if planned ahead. If you would like to schedule a meeting with a particular coach, please arrange a meeting ahead of time. This will help the coaches make time for you and your questions. During practices, our first priorities are the swimmers in the water.
4. Like our Facebook and Instagram pages!

Photography

Each Bayside swimmer's registration includes a photo release if photos are taken by a Bayside Aquatics staff member. If you are taking your own photos at a swim meet or practice, please always ask a parent's permission first. We love showing off the awesome stuff our swimmers do, but being respectful to our families is also very important.

Bayside Aquatics has a NO cell phone policy in our locker rooms and we do NOT allow photos to be taken in the locker room areas.

Attendance

Consistency is the key to success. The coaches highly encourage swimmers make it to all of their assigned practices. The coaches will take attendance at each practice and use attendance as a measure of performance. The team does encourage multisport athletes, so if you need to miss a practice to attend another sport, the coaching staff supports you.

Practice Cancellation

We follow the Bowie State University's campus closure policy. If the university cancels classes or closes the campus, we will not have practice. Information regarding any cancellation will be sent via email, text and social media as early as possible. At times, there are weather related issues such as lightening, or unforeseen pool/facility issues that may require practice to be cancelled on short notice. Every effort will be made to contact parents for early pickup. Please remain available by cell phone while your swimmer is at practice.

Swim Meets

Swim meets will be held every 4-6 weeks. All swimmers are expected to participate in meets. They are highly recommended for personal betterment and team building! A swimmer's age on the first day of the meet determines each swimmer's age group for that particular meet. Meets are generally scheduled every 4-6 weeks. Swimmers are expected to wear the Bayside team bathing suit, cap, and gear during all swim meets. All members of Bayside will sit together as a team.

Meet Entry Policy:

1. Coaches choose the meets that the team will attend. The meet schedule will be posted on the team website.
2. The coaches have the final say on a swimmer's events in the meet.
3. Swimmers are notified of an upcoming meet via email and are given a deadline to declare their attendance. If a swimmer is not planning to attend, the coaches want parents to declare that on the team website.

Team Apparel

The team will issue a Bayside t-shirt and swim cap to each swimmer after registration. Swimmers are encouraged to purchase the team bathing suit or a plain navy bathing suit. Additional apparel will be available for purchase in the Fall.

Parent Volunteer Opportunities

Parents are encouraged to volunteer. For the 2021-2022 season, we will have no volunteer requirements. We have a Parent Booster Club that provides support for the swim team relating to swim meets, coaches support, and special team activities. The Booster Club is important for ideas, improvements, and communication for the coaches and parents of the swim team.

Parent Volunteer Opportunities:

- Officials: Parents are strongly encouraged to become a certified USA Swimming Official.
- Timer: Depending on the meet, timers may be needed.
- Membership/ Registration
- IT Coordinator: Become trained on the computer based programs such as Team Unify, Meet Manager, and Team Manager
- Fundraising Coordinator
- Social Events Coordinator
- Team Apparel Coordinator
- Volunteer Coordinator: Schedule volunteers for meets

Bayside Core Values

Responsibility: Bayside swimmers come to practice on-time with a positive attitude and are prepared to work hard. Bayside swimmers take the steps needed throughout the day to ensure success at practice and meets, including getting enough sleep, good nutrition, and keeping up with schoolwork.

Respect: Bayside swimmers are respectful to their teammates, competitors, coaches, officials, and parents. They use respectful language and behavior when at practice and meets. They are respectful of others' personal property.

Integrity: Bayside swimmers act with integrity. They work hard even when no one is looking and don't make excuses. They do not stop during sets and they set an example for all other Bayside swimmers.

Dedication: Bayside swimmers understand that their swimming skills are developed through dedication and hard work. They work hard and rarely miss practice. They understand that hard work is not something that they should avoid and take every chance to learn, change, and challenge themselves.

Perseverance: Bayside swimmers view setbacks and disappointments as opportunities to grow. Bayside swimmers understand that setbacks are not the end of the world and move forward in a positive way for the future. Bayside swimmers change their mindset from negative to positive and move forward.

Teamwork: Bayside swimmers cheer for their teammates. They recognize and are inspired by the achievements of others. Bayside swimmers rely on each other during practices and meets and push each other to achieve their greatest potential.

Excellence: Bayside swimmers strive to be the best they can be. "Excellence is the gradual result of always striving to do better." -Pat Riley

By signing below, I acknowledge the policies contained within the team handbook.

Print Parent Name: _____ Date: _____

Parent Signature: _____